



BLACKMORES
SYDNEY
RUNNING
FESTIVAL

The Sunday Telegraph
OFFICIAL NEWSPAPER



MARATHON INTERMEDIATE

TRAINING PROGRAM

Congratulations on signing up to the Blackmores Sydney Running Festival Marathon!

Take us on your BSRF journey!

Tag us in your training
@officialbsrf and hashtag
#Blackmores
#SydneyRunningFestival



BLACKMORES SYDNEY MARATHON TRAINING PROGRAM GUIDE

Congratulations on your commitment to the Blackmores Sydney Marathon – one of the most scenic Marathon courses in the world. This 16 week training program has been created by Runlab founder and one of Australia's leading Marathoners, Vlad Shatrov. Vlad will get you fit and maximize your training potential in preparation for the Blackmores Sydney Marathon.

Vlad, originally from Sydney, combines his experience in training clients through his on ground Runlab program with an intimate knowledge of the Blackmores Sydney Marathon. In fact, every week the Sydney CBD Runlab group train on this very Marathon course! Enjoy the next 16 weeks and good luck!

Please consider the next important steps to get the most out of your training in preparation for Sunday 20 September.

Post-race be sure to visit the Blackmores Marathon Recovery Zone situated underneath the Sydney Opera House. Here you can hydrate, collect your official finisher medal and finishers T-shirt.

1 Levels

Ensure you select the training program which is best suited to your abilities. This is noted at the top of every program.

BEGINNER

Suited for an experienced Half Marathon runner who is stepping up to the Marathon for the first time. The main goal is to finish – time is far less important!

INTERMEDIATE

Suited for an experienced Marathon runner who is looking for a personal best between 3hrs 45mins and 4hrs 30 min.

ADVANCED

Suited for an experienced Marathon runner looking for a personal best between 2hrs 45mins and 3hrs 30 min.

2 Fit to train?

You should always consider seeking professional medical advice prior to commencing any training program.

3 Use the plan as a guide

The plan is a "guide" only, as such the pace and heart rate data is based on an average guide for that particular level of plan, and you may need to adjust the pace and heart rate data to suit you.

BLACKMORES®

4 Your own coach

Your training program is like your own little coach, the best thing is that it specifies each week and beyond the type of sessions you should be doing. This means if you miss a session due to family or work commitments, you can adjust it slightly to suit you, so that overall you complete all recommended sessions.

5 Training tips/expert advice

Use these tips on a weekly basis to help you along with your program. Sixteen weeks is quite a long time and you may find you come across obstacles along the way.

Got a training question? Ask Vlad on the Blackmores 'Ask a Trainer' discussion page <http://www.blackmores.com.au/sydney-running-festival/ask-a-trainer>

6 Adjusting the program

You can adjust your training program to make it relevant to your circumstances (i.e. work, family and social commitments). Always take into account your current fitness level and training history. Look to add variety to your rest days such as cross training, swimming or gym sessions.

7 Being in tune with your body

This isn't about being lazy but you need to listen to your body. Have a day off if you need it. It is far better to be cautious than to get an injury.

8 parkrun/Lead up races

parkrun organise free, weekly, 5km timed runs around the world. They are open to everyone, free, and are safe and easy to take part in. These can be a great addition to your training www.parkrun.com.au

Undertaking some lead up races or race pace efforts is important for more experienced runners. Take advantage of some of the local fun runs in your area in the lead up to the event. However, we have also put in regular time trials if you cannot race, so that you can monitor your progress as well as determine the pace you should run in your Speed sessions.

9 Program structure

The core of all the programs is the Long Run. This is placed on the weekend as this is generally when most people have the time to complete this run. Although noted on a Sunday, don't ever feel like the programs are so rigid you cannot modify them, some may choose to do this run on a Saturday.

Whilst the volumes steadily build peaking three weeks out from the event day, the types of sessions change too. Towards the start of the program there is an emphasis on strength work by running hill repetitions. Sydney is a challenging course, so you must prepare for it adequately. Towards the middle and later stages of the program 'Speed and Tempo' sessions are increased.

Don't worry that you may never actually run 42.2km prior to the day, trust the program and experience of the training program. Too many people have damaged their chances of having a good run by thinking that they need to reach this milestone in training. Long runs are deceptive, the body needs time to recover and this is why the day following a long run incorporates little, if any, running.

10 Functional core/strength work

This training type features in the program twice a week. We suggest a routine of 20 minutes twice weekly. Heavy weight sessions are not suggested rather functional strength training where the body is challenged to develop even and necessary strength for distance running. This also includes a focus on good core work.

We will release videos during the program suggesting sessions you may like to undertake, otherwise discuss this with your local gym. We are extremely passionate about building this into a running program as it allows improved running form to be maintained when the body is under fatigue – like in a race.

11 Types of sessions

LONG RUN

Long run, the aim is to improve endurance. Do at the correct intensity ideally 10-20% slower than Marathon pace. You should be able to carry out a conversation running at this pace. If you prefer to use heart rate zones this online calculator will give you an indication of your HR zones http://www.runnerswec.com/running/hr_calculator_new.html

GENERAL AEROBIC

General aerobic is a standard moderate effort run, slightly slower or equal in pace to Long Run – Just not as long. The aim to enhance overall aerobic conditioning.

TEMPO

The Tempo run – Lactate Threshold Pace (Close to 15k or Half Marathon pace, provides stimulus to improve lactate threshold pace). These runs are challenging and you can only talk in short sentences. The TEMPO part of a session should be completed on relatively flat ground. In the programs we refer to this quite a lot. We absolutely understand that you are training for a Marathon, but training at this pace for certain sessions is very beneficial in preparing you for your best Marathon. If you haven't done a Half Marathon before that is ok too – set this as your desired realistic Half Marathon target pace.



SPEED WORK

Speed sessions are short repetitions of between 600-1600m at 5k pace. This provides stimulus to increase speed and lactate threshold. These sessions allow you to become a faster runner and involve a warm up and warm down based around a core running set. The key to effective speed training is to aim to have all the repetitions completed within 1-3 seconds of each other. Don't do the first rep so hard that the following reps are all slower, likewise do not take the first 1-2 reps easy then pick it up. A watch is necessary to time and monitor these sessions.



CORE STRENGTH

Core and strength training type features in the program twice a week. We suggest a routine of 20 minutes twice weekly. Heavy weight sessions are not suggested rather functional strength training where the body is challenged to develop even and necessary strength for distance running. This also includes a focus on good core work.

As part of this training program we have also asked our Runlab coaches to share their favourite running motivational quotes, some are new and some are borrowed, but regardless of the source we hope that they encourage and inspire you each week of your training program.

12 Do you want further assistance?

RUNLAB OFFER

Regardless of whether you have decided to follow a program or not, Runlab have organised a special deal for runners in the Newcastle and Sydney areas to attend on ground Runlab sessions.

All Runlab sessions are led by expert and professional coaches who will lead you through the correct Warm up/drills/main interval set/cool down and core-work utilising the TRX. At Myrungroup the challenging sessions featured are similar to the speed sessions listed in the program. These sessions are often better completed in a dynamic group environment, like at Runlab. Join term 3 as a new Runlab client and receive 25% off the cost of the term!

Runlab sessions are held weekly in conjunction with the school term.

Further information can be found here <http://runlab.com.au/myrungroup/>

You will need to register prior to attending your first Runlab session by contacting info@runlab.com.au








MARATHON INTERMEDIATE



16 WEEKS TO GO

'If nothing changes. Nothing changes!'

Vlad Shatrov – Runlab Founder, Newcastle to Sydney








JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 1	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 2	 SPEED WORK	Long hill reps. 5 x 60 seconds approx. Hard up/easy jog back. Ensure 2km warm up/1km warm down.	
WEDNESDAY 3	 GENERAL AEROBIC	30 minutes easy. This session will become a longer mid week run.	
THURSDAY 4	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 5	 GENERAL AEROBIC	20 minutes easy. This session will start to incorporate tempo work.	
SATURDAY 6	 REST DAY		
SUNDAY 7	 LONG RUN	90 minutes easy. Steady pace run.	

MARATHON INTERMEDIATE



15 WEEKS TO GO

'If it is to be it is up to me'
Belinda – Runlab Coach, Cronulla

JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 8	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 9	 SPEED WORK	Long hill reps. 5 x 60 seconds approx. Hard up/easy jog back. Ensure 2km warm up/2km warm down.	
WEDNESDAY 10	 GENERAL AEROBIC	30 minutes easy.	
THURSDAY 11	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 12	 REST DAY		
SATURDAY 13	 TIME TRIAL	3km hard run time trial. Warm up 2km/warm down 1km. You may wish to attend parkrun and time yourself at the 3km mark.	
SUNDAY 14	 LONG RUN	100 minutes easy. Steady pace run.	








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14 WEEKS TO GO

'You can stay in bed and dream of a good result or get up and make it happen'

Paul O Doherty – Runlab Coach, Alexandria and North Sydney

JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 15	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 16	 SPEED WORK	Short hill reps. 10 x 30 seconds approx. Hard up/easy jog back. Ensure 2km warm up/2km warm down	
WEDNESDAY 17	 GENERAL AEROBIC	30 minutes easy.	
THURSDAY 18	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 19	 GENERAL AEROBIC	30 minutes easy. Steady pace run.	
SATURDAY 20	 REST DAY		
SUNDAY 21	 LONG RUN	120 minutes easy. Steady pace run.	








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13 WEEKS TO GO

'Pain is weakness leaving the body'

Vlad Shatrov – Runlab Coach, Newcastle to Sydney

JUNE	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 22	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
TUESDAY 23	 SPEED WORK	Long hill reps. 7 x 60 seconds approx. Hard up/easy jog back. Ensure 2km warm up/2km warm down.	RECOVERY WEEK
WEDNESDAY 24	 GENERAL AEROBIC	40 minutes easy.	RECOVERY WEEK
THURSDAY 25	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
FRIDAY 26	 GENERAL AEROBIC	40 minutes easy.	RECOVERY WEEK
SATURDAY 27	 REST DAY		RECOVERY WEEK
SUNDAY 28	 LONG RUN	90 minutes easy. Steady pace run.	RECOVERY WEEK








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12 WEEKS TO GO

'The pain turns into pride at the finish line'

Justin Brock – Runlab Coach, Maitland and Stockton








JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 29	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 30	 SPEED WORK	3 x 1km (pace 3km). Warm up/warm down then run the 1km repeats hard with 90 seconds walk recovery between each rep.	
WEDNESDAY 1	 GENERAL AEROBIC	50 Minutes Easy.	
THURSDAY 2	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 3	 GENERAL AEROBIC	30 Minutes Easy.	
SATURDAY 4	 REST DAY		
SUNDAY 5	 LONG RUN	130 minutes easy. Steady pace run.	

MARATHON INTERMEDIATE



11 WEEKS TO GO

'Pain is temporary. Quitting lasts forever...'
Ben Fuller – Runlab Coach, Newcastle and Lake Macquarie

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 6	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 7	 SPEED WORK	Short hill reps. 10 x 30 seconds approx. Hard up/easy jog back. Ensure 2km warm up/ 2km warm down.	
WEDNESDAY 8	 GENERAL AEROBIC	50 minutes easy.	
THURSDAY 9	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 10	 GENERAL AEROBIC	20 minutes easy.	
SATURDAY 11	 SPEED WORK	10km time trial. Run hard for 10km in total. Warm up 2km/warm down 2km.	
SUNDAY 12	 LONG RUN	140 minutes easy. Steady pace run.	








MARATHON INTERMEDIATE



10 WEEKS TO GO

'Don't think of them as hills, think of them as mounds of opportunity'

Cheryl Shatrov – Runlab Coach, Newcastle

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 13	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 14	 SPEED WORK	Long Hill reps. 6 x 60 seconds approx. Hard up/easy Jog back. Ensure 2km warm up/2km warm down.	
WEDNESDAY 15	 LONG RUN	50 minutes easy. Steady pace run.	
THURSDAY 16	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 17	 TEMPO	4 x 5 minutes at target Half Marathon pace. 90 seconds walk recovery and repeat 3 times. Warm up/warm down 2km each.	
SATURDAY 18	 REST DAY		
SUNDAY 19	 LONG RUN	160 minutes easy. Steady pace run.	








MARATHON INTERMEDIATE



9 WEEKS TO GO

'Doubt has killed more dreams than failure ever will'

Adam Clarke – Runlab Coach, “UpnAdam-Newcastle”

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 20	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
TUESDAY 21	 SPEED WORK	5 x 800m reps. Slightly quicker than 3km TT pace. 90 seconds walk recovery and repeat 4 more times. Ensure 2km warm up/2km warm down.	RECOVERY WEEK
WEDNESDAY 22	 LONG RUN	50 minutes easy. Steady pace run.	RECOVERY WEEK
THURSDAY 23	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
FRIDAY 24	 GENERAL AEROBIC	30 minutes easy.	RECOVERY WEEK
SATURDAY 25	 REST DAY		RECOVERY WEEK
SUNDAY 26	 LONG RUN	150 minutes easy. Steady pace run.	RECOVERY WEEK








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8 WEEKS TO GO

'Challenge yourself to be your best, that's all I ask'

Vlad Shatrov – Runlab Founder, Newcastle to Sydney

JULY	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 27	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 28	 SPEED WORK	4 x 1km (pace 3km). Warm up/warm down then run the 1km repeats hard with 90 seconds walk recovery between each rep.	
WEDNESDAY 29	 LONG RUN	50 minutes easy. Steady pace run.	
THURSDAY 30	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 31	 TEMPO	3 x 6 minutes tempo at target Half Marathon pace. 90 seconds walk recovery and repeat 3 times. Warm up/warm down 2km each.	
SATURDAY 1	 REST DAY		
SUNDAY 2	 LONG RUN	180 minutes easy. Steady pace run.	








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7 WEEKS TO GO

'Free, easy and fun ones are done – only the hard ones left'

Lucas McBeath – Runlab Coach, Newcastle

AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 3	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 4	 SPEED WORK	8 x 400m hard + tempo. 400m hard 90 seconds walk recovery repeat for 8 times. Warm up/warm down.	
WEDNESDAY 5	 LONG RUN	50 minutes easy. Steady pace run.	
THURSDAY 6	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 7	 GENERAL AEROBIC	40 minutes easy. Steady pace run.	
SATURDAY 8	 TIME TRIAL	3km hard run time trial. Warm up 2km/ warm down 2km. You may wish to attend parkrun and time yourself at the 3km mark.	
SUNDAY 9	 LONG RUN	190 minutes easy. Steady pace run.	





MARATHON INTERMEDIATE



6 WEEKS TO GO

'If you are not going to work for it, it's not going to happen'

Guy Walters – Runlab Coach, Lake Macquarie








AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 10	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 11	 SPEED WORK	5 x 1km (pace 3km). Warm up/warm down then run the 1km repeats hard with 90 seconds walk recovery between each rep.	
WEDNESDAY 12	 LONG RUN	50 minutes easy. Steady pace run.	
THURSDAY 13	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 14	 TEMPO	2 x 3km tempo at target Half Marathon pace. 2 minutes walk recovery and repeat. Warm up/warm down 2km each.	
SATURDAY 15	 REST DAY		
SUNDAY 16	 LONG RUN	200 minutes easy. Steady pace run.	

MARATHON INTERMEDIATE

5 WEEKS TO GO

'Stand tall and proud – you should, others are usually in bed at this time of the morning'

Damon Bray – Runlab Coach, Southern Sydney Head Coach

AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 17	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
TUESDAY 18	 SPEED WORK	8 x 400m hard + tempo. 90 seconds walk recovery, 3 min break then 2km at target Half Marathon pace. Warm up/warm down.	RECOVERY WEEK
WEDNESDAY 19	 LONG RUN	50 minutes easy. Steady pace run.	RECOVERY WEEK
THURSDAY 20	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
FRIDAY 21	 GENERAL AEROBIC	30 minutes easy. Steady pace run.	RECOVERY WEEK
SATURDAY 22	 REST DAY		RECOVERY WEEK
SUNDAY 23	 LONG RUN	180 minutes, fast finish. Easy pace, last 30 minutes at target Marathon race pace.	RECOVERY WEEK








MARATHON INTERMEDIATE



4 WEEKS TO GO

'Anyone can do the last rep hard, only the best will do them all hard'

Vlad Shatrov – Runlab Founder, Newcastle to Sydney

AUGUST	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 24	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 25	 SPEED WORK	5 x 1km (pace 3km). Warm up/warm down then run the 1km repeats hard with 90 seconds walk recovery between each rep.	
WEDNESDAY 26	 LONG RUN	50 minutes easy. Steady pace run.	
THURSDAY 27	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 28	 GENERAL AEROBIC	20 minutes easy. Steady pace run.	
SATURDAY 29	 TIME TRIAL	10km time trial. Run hard for 10km in total. Warm up 2km/ warm down 2km.	
SUNDAY 30	 LONG RUN	210 minutes easy. Steady pace run.	








MARATHON INTERMEDIATE



3 WEEKS TO GO

'What if this was the last time you could run? Appreciate.'

Lucas McBeath – Runlab Coach Merewether, Newcastle

SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 31	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 1	 SPEED WORK	8 x 400m hard + tempo. 90 seconds walk recovery, 3 minute break then 2km at target Half Marathon pace. Warm up/warm down.	
WEDNESDAY 2	 LONG RUN	40 minutes easy. Steady pace run.	
THURSDAY 3	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 4	 TEMPO	1 x 5km tempo at target Half Marathon pace. Warmup/down 2km each.	
SATURDAY 5	 TIME TRIAL	3km time trial. Warm up/warm down. You may wish to attend parkrun and time yourself at the 3km mark.	
SUNDAY 6	 LONG RUN	120 minutes, fast finish long run. Target last 20 minutes at target Marathon race pace.	








MARATHON INTERMEDIATE



2 WEEKS TO GO

'Remember why you're doing this...'

Lucas McBeath – Runlab Coach Merewether, Newcastle

SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 7	 CORE STRENGTH	20 minutes. Functional core/strength work.	
TUESDAY 8	 SPEED WORK	6 x 400 hard/200 float continuous. Warm up/warm down 2km each.	
WEDNESDAY 9	 LONG RUN	40 minutes easy. Steady pace run.	
THURSDAY 10	 CORE STRENGTH	20 minutes. Functional core/strength work.	
FRIDAY 11	 GENERAL AEROBIC	30 minutes easy. Steady pace run.	
SATURDAY 12	 REST DAY		
SUNDAY 13	 LONG RUN	60 minutes easy. Steady pace run.	







MARATHON INTERMEDIATE



1 WEEK TO GO

'Achieve your impossible'

Vlad Shatrov – Runlab Founder, Newcastle to Sydney

SEPTEMBER	Session	Training Tips	My Comments <i>(use this section to write your own notes)</i>
MONDAY 14	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
TUESDAY 15	 SPEED WORK	5 x 400m hard 200 float	RECOVERY WEEK
WEDNESDAY 16	 GENERAL AEROBIC	20 minutes easy. Steady pace run.	RECOVERY WEEK
THURSDAY 17	 CORE STRENGTH	20 minutes. Functional core/strength work.	RECOVERY WEEK
FRIDAY 18	 GENERAL AEROBIC	20 minutes easy run. Plus 4 x 100m build efforts at the end of the 20 minutes.	RECOVERY WEEK
SATURDAY 19	 REST DAY		RECOVERY WEEK
SUNDAY 20	BLACKMORES SYDNEY MARATHON		